



November 21, 2005

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Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Art Unit 3764, Application No. 10/764,427  
Examiner: Mr. Tam M. Nguyen

Amendment/Reply to Request for Continued Examination

Applicant requests to delete all previous claim submissions and to enter the following Claim 1.

1. A device for running and walking comprising an about parallel to upper arm pendulum means for each lower arm, and a frontal protrusion means with support to said parallel to upper arm pendulum means that ensures each parallel to upper arm pendulum means is about parallel to each respective upper arm.

Applicant hopes the above claim 1 adequately addresses Final Office Action objections and would be allowed.

Specification described Applicant's insight on tether 60 and frontal protrusion 70 in Figure 3. Tether-supported arms' lower rotational inertial leads to increase in natural frequency of oscillation of arm swing (page 5 paragraph 1). Also, specification indicated (page 5 paragraph 3) that items 60 and 70 could be manifested in many ways, and Applicant designed and produced a sample shown in Figure 4. Claim 1 as stated above reflects the heart of the invention and the basic intellectual advancement.

In line with phone conversation with Examiner, Applicant is attaching an 11-page paper titled A PHYSICIST DISTANCE RUNNER as an Information Disclosure Statement.

Sincerely,

A handwritten signature in black ink, appearing to read "Andrew W. Chow".

Andrew W. Chow, Applicant  
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